

BERKSHIRE BOWLS COACHING SCHEME

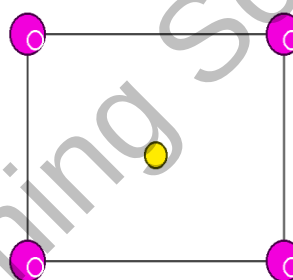
SQUARE

Choose a route, beat the nearest bowl and finish with purpose

WHAT THIS EXERCISE DEVELOPS	Develop draw line and length while learning to compare more than one route in a partly blocked head.
YOU WILL NEED	Mat, jack and four object bowls.

Set-Up

1. Place four object bowls in a square approximately 3 metres apart.
2. Place the jack in the centre of the square on the centre line.
3. The two front bowls should partly block the normal draw route.
4. Begin at a short-to-medium length.



Your Task

Imagine the opposition holds four shots. Look at the available routes, choose the hand and nominate a useful finishing position. Use a draw shot or controlled Wrist Out shot to beat the nearest bowl. Deliver two consecutive bowls before changing hand. No firing shots.

BEFORE YOU BOWL	BOWL 1 -> REVIEW -> BOWL 2
• Which bowl must I beat? • Which hand gives the clearest route? • Where do I want my bowl to finish?	• Bowl 1 gives you information. • Decide: mainly line, length or shot choice? • Make one clear correction - or repeat a successful bowl.

What to Look For

- Start with the job: identify the nearest opposing bowl that must be beaten.
- Compare both hands before deciding which route gives you the best chance.
- The winning bowl does not have to finish beside the jack; a draw to or rest on a bowl may be better.
- Choose the shot and intended finish before stepping onto the mat, then commit to it.

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If It Is Not Working

You stay focused on the jack	Identify the nearest bowl to beat and name a useful finishing position.
Your bowl clips a front bowl	Try a slightly wider aiming line or compare the other hand.
Your bowl stops before the head	Choose a positive finish that reaches the selected area.
You change the shot during delivery	Step off, restate the hand and intended result, then commit before delivering.

SUCCESS	PRACTISE IT YOURSELF	GAME CHALLENGE
You identify more than one possible route, name the hand and intended finish, reach the head and use Bowl 2 to correct or repeat.	Practise both hands. Make it easier by increasing the spacing or shortening the jack. Make it harder by reducing the spacing, moving the front bowls nearer the jack or increasing the distance.	Final end: the opposition holds four shots. You have one bowl left. Read the head, choose the preferred option, name the intended finish and commit.

KEY MESSAGE: Identify the job, compare the routes, choose the finish and commit to the shot.